The

FIRST ALMANACKE,

Printed by the

Company of Stationers.

—

MDCXXI.

The

FIRST ALMANACKE,

Printed by the

Company of Stationers.

—

MDCXXI.

Freind. 1616.

A New Alma-

nacke and Prognosti-

cation in which you may

behold the state of this present
yeare of our Lorde
God, 1616.

Being Leape yeare.

Calculated for the Citty
of London, and generally for all England.

By Gabriell Freind.

Felix qui potuit rerum cognoscere causas.

Printed for the Company of
Stationers, 1616.

Feasts according to the
Old accompt Forrain accompt.

2.	The golden number	2
1	The circle of the Sun	1
22	The Epact.	22
14	The Roman Induction	14
	The Dominicall Letters	
February 11.	Shrouesunday	February 14
Febrna. 14	Ashwednesday	febzuary 17
March 31	Easter day	Aprll 3
May 5	Rogation sunday	may 8
May 9	Ascention day	may 12
May 19	whitsunday	may 22
Nouember 27	Aduent sunday	Nouember 29

vntill this yeare, 1616.

Since the Creation of the world	5564
Since Noahs Floud	3908
Since the destruction of the Citty of Troy	2799
Since Brute entred this Iland	2723
Since the building of the Temple by Salomon	2631
Since the Captiuity of Babylon	2114
Since the last destruction of Ierusalem	1533
Since the conquest of England by Duke William	550
Since the science of printing was first inuented	155
Since the infectious sweating sickneſſe,	65
Since the Earles rebellion in the North.	47
Since the great frost	32
Since the Campe at Tilbury in Essex	28
Since the action at Cadiz	20
Since the last great plague in London	13
Since his maieſties Coronation in Scotland 29 Jul.	49
Since his happy comming to London 7 May	13

The beginning and ending of the termes with their Returnes this present yeare 1616.

¶ Hillarie Terme beginneth the 23. date of January and endeth the 12. of February, & hath foure returnes

Octabis Hillarij. } { Crastino Purifica.
Quind. Hillarij. } { Octabis Purifica.

¶ Easter Terme beginneth the 17 of Aprill, and endeth the 13 of may and hath 5 returnes.

Quind. paschæ. } Mense paschæ. { Quinque paschæ.
Tres paschæ. } { Crasti Ascention.

¶ Trinitie Terme beginneth the 31 of may, and endeth on the 19. of June, and hath foure Returnes, that is to say.

Crasti Trinitatis. } { Quind. trinitatis.
Octabis Trinitatis. } { Tres trinitatis.

¶ Michaelmas Terme beginneth the 9. day of October, and endeth the 28. of Nouember. And hath 8. Returnes, that is to say.

{ Octabis Michael. / Quind. Michael. / Tres Michael. / Mense Michael. } { Crast. Animarum. / Crast. Martinij. / Octabis Martinij. / Quind. Martinij. }

¶ Note also that the Exchequer openeth eight daies before any Tearme beginne, except Trinity Tearme, in which it openeth foure daies before.

¶ On these dayes following, the Judges sit not at Westminster.

In { Hillary / Easter / Trinity / Michaelmas. } Terme, on { Candlemas / Ascension / Midsomer. / Alhollond } day

The Anathomy of mans body, as the parts there-
of are gouerned by the 12. signes of the
Zodiaque.

Aries the head and face.

Taurus Necke & throat

Cancer Breast stomak & ribs.

Virgo bowels & belly.

Scorpio Secret members.

Capricornus knees

Gemini Armes & shoulders.

Leo Heart & backe.

Libra Reines & lomes

Sagitarius Thigh

Aquar. The legges.

Pisces the feete

♈ Aries ♉ Taurus ♊ Gemini ♋ Cancer ♌ Leo ♍ Virgo ♎ Libra ♏ Scorpio ♐ Sagitarius ♑ Capricorne ♒ Aquarius ♓ Pisces.

If thou be ſicke and helpe wouldſt haue,
the Councell of the learned craue:
If thou haue health, to keepe thee ſo,
flie idlenes, as deadly foe.

Accompt Aſtronomicall.

i	a		Libra	14		11	b
ii	b	Oct. Steph.	Libra	27	☽ Laſt quart.	12	c
iii	c	Oct. Iohn.	Scorp	10	the 11. day, at	13	d
iiii	d	Oct. Inno.	Scorpio	13	one of the clo.	14	e
v	e	Oct. Thom.	Sagitar.	7	in the morne.	15	f
vi	f		Sagit.	21		16	g
vii	g	Felicis	Capric.	7		17	a
viii	a	Lucian priest	Capric.	22	● New moon	18	b
ix	b	Iudoci	aquarius	7	the 8. day, at	19	c
x	c		aqua.	23	9 of the clock	20	d
xi	d	Kinns mart.	piſces	9	at night.	21	e
xii	e	Irrard mart.	Piſces	22		22	f
xiii	f	Hillary Biſh	Aries	6		23	g
xiiii	g	Felix priest	Aries	20	☽ Firſt qua.	24	a
xv	a	Maurice	Taurus	3	the xv. day	25	b
xvi	b	Marcel. Biſh	Taurus	16	neare 5 of the	26	c
xvii	c	Hulpicij biſh	Taurus	28	clock at night	27	d
xviii	d	Priſca virg.	Gemini	11		28	e
xix	e	Wolſtane biſh	Gemini	22		29	f
xx	f	Fabi. & Seba	Cancer	5		30	g
xxi	g	Agnus virg.	Cancer	16	● Ful moone	31	a
xxii	a	Vincentij Erb	Cancer	28	the 23 daie at	1	b
xxiii	b		Leo	10	5 of the clock	2	c
xxiiii	c	Timothy	Leo	23	at night.	3	d
xxv	d	Con. of Paul	Virgo	4		4	e
xxvi	e	Policarp biſh	virgo	16		5	f
xxvii	f	Iulian biſh.	virgo	28	☽ Laſt quart.	6	g
xxviii	g	Ignetius	libra	11	the laſt day at	7	a
xxix	a	Valerius biſh	libr	23	almoſt 3 in	8	b
xxx	b	Batild e Qu.	ſcorpio	6	the afternoon	9	c
xxxi	c	Saturnus	ſcorpio	19		10	d

Be choyce of food in any wise,
& to keepe thee warme also precise:
Beware no Surgeon let thee blood,
except the learned thinke it good.

Accompt beyond sea.

i	d	Hyldget Fast	sagitari.	3		11	g
ii	e		sagitari.	16		12	a
iii	f	Blase bishop	Capric.	1	● New moon	13	b
iiii		Gilbert bish.	Capric.	15	the vii day at	14	
v	a	Agathe virg	Aquari.	0	7. of the clock	15	d
vi	b	Vedast bish	Aquari.	16	in the morning	16	e
vii	c	Angle Wish.	Pisces	1		17	f
viii	d	Paule bysh.	Pisces	16		18	g
ix	e		aries	0		19	a
x	f	Scolastice	Aries	14		20	b
xi			Aries	28		21	
xii	a		Tauru	11	☽ First quar-	22	d
xiii	b	Wolfrant.	taurus	24	ter the viii.	23	e
xiiii	c	Aschwednesda	Valentine.		day 3 quart	24	f
xv	d	Faustine	Gemini	19	after 8. of the	25	g
xvi	e	Julian	Cancer	1	clocke in the	26	a
xvii	f	politeron	Cancer	13	morning.	27	b
xviii		Simon bish	Cancer	25		28	
xix	a	Sabine mar	Leo	7		29	d
xx	b	Wilfred virg	Leo	19		1	e
xxi	c	70 martyrs	Virgo	0		2	f
xxii	d		Virgo	12	● Full moon	3	g
xxiii	e	policarp	virgo	25	the 22 day, at	4	a
xxiiii	f	Fast	Libra	7	almost 12. of	5	b
xxv			Libra	20	clock at noon	6	
xxvi	g	Fortunatt	Scorp.	3		7	c
xxvii	a	Augustine	Scorpio	16		8	d
xxviii	b	Oswald Bp	scorpio	29		9	e
xxix	c	quid vis.	sagitar.	13		10	f

Take phisicke now the time is good,
if health thou want, then let thee blood
So mayest thou humours driue away,
as earst haue wrought thy owne decay.

Accompt beyond sea.

i	b	Dauid	Sagita.	26	Last quarter	11 g
ii	c	Chad	Capric.	11	the first day	12 a
iii		Maurice	Capric.	25	quarter past	13
iiii	g	Adrian	aquar.	10	one in the	14 c
v	a	Focas	aquari	24	morning.	15 d
vi	b	Victorie	Pisces	9		16 e
vii	c	Perpetue	Pisces	23	New moone	17 f
viii	d	Felice depo.	Aries	8	the 7 day,	18 g
ix	e	Apoline	Aries	22	halfe an hour	19 a
x		Agapipe	taurus	6	aft. 6 at night	20
xi	g		taurus	19		21 c
xii	a	Gregory	gemini	2		22 d
xiii	b	Theodore	gemini	15		23 e
xiiii	c	Petri	gemini	27		24 f
xv	d	Longini	Cancer	9	First quarter	25 g
xvi	e	Hillarie	Cancer	21	the 15 day, a	26 a
xvii		getrude	Leo	3	quarter after	27
xviii	g	Edward	Leo	15	3 in the after	28 c
xix	a	Joseph	Leo	27	noone.	29 d
xx	b	Cuthbert	Virgo	9		30 e
xxi	c	benedicti	Virgo	21		31 f
xxii	d	Aphzadose	Libra	4	Full moone	1 g
xxiii	e	Theodore	Libra	17	the 23 day,	2 a
xxiiii			Scorpio	0	neere 4 in the	3
xxv	g		scorpio	13	morning.	4 c
xxvi	a	Castor Pol.	scorpio	26		5 d
xxvii	b	Martian	Sagit.	10	Last quarter	6 e
xxviii	c	Dorothy	sagit.	24	the 30 day, at	7 f
xxix	d	Victory	Capric.	8	8 in the mor-	8 g
xxx	e	Quirini	Capric	22	ning.	9 a
xxxi			aquari.	6		10

To bleed, to bathe, and eke to purge,
now mayst thou do if reason vrge.
God grant to all a happy season,
as all may purge away ill treason.

Accompt beyond sea.

i	g	Theodore.	aquari.	20		11	e
ii	a	Marie Egip	Pisces	5		12	d
iii	b	Richard byst.	Pisces	19		13	c
iiii	c	Ambro. Bish	aries	3		14	f
v	d	Martian	aries	17		15	g
vi	e	Sextus	Taurus	1	New moone	16	a
vii		Eufemie	taurus	17	the 6 day, 3	17	
viii	g	Egissippus.	taurus	29	quarters past	18	c
ix	a	Perpetuus	Gemini	10	3 in the moz-	19	d
x	b		Gemini	22	ning.	20	e
xi	c	7000. virgins	Cancer	4		21	f
xii	d	Julius	Cancer	16		22	g
xiii	e	Zeno bishop	Cancer	28	First quarter	23	a
xiiii		Oliffe	Leo	10	the 13 day,	24	
xv	g	Oswald bish.	Leo	22	halfe an hour	25	c
xvi	a	Eiutherius	Virgo	4	after nine at	26	d
xvii	b		virgo	17	night.	27	e
xviii	c	Anicete bysh	virgo	29		28	f
xix	d	Isidore	Libra	12		29	g
xx	e	Victor bishop	Libr.	25	Full moone	30	a
xxi		Simon byst	Scorpi	8	the 21 day, 3	1	
xxii	g	Sother virg	Scorp.	22	quarters aft.	2	c
xxiii	a		sagitar	6	4 in the eue-	3	d
xxiiii	b	Wilfrid. fast	Sagit	20	ning	4	e
xxv	c		Capri.	4		5	f
xxvi	d	Eleite bish.	Capric.	19	Last quarter	6	g
xxvii	e	Anastus. vi	Aquari.	3	the 28 day, at	7	a
xxviii		Vitalis	Aquari.	17	ne in the af-	8	
xxix	g	Peter of mil	pisces	1	ter noone.	9	c
xxx	a	Depo. of Ei	pisces	15		10	d

May hath xxxj dayes.

Rise early now this month of May,
and walke the fields that be so gay:
From surfeting see thou refraine,
for soone it will procure thy paine.

i	b	[illegible]	pisces	29		11	e
ii	c	Athanasius	Aries	13		12	f
iii	d	Inue. of crot	aries	26		13	g
iiii	e	Christopher.	Taurus	10		14	a
v		Goddard.	Taurus	23	● new moone	15	
vi	g	John Portla	Gemin	6	the 5 day. at	16	c
vii	a	John a Beu	gemini	18	3 of the clocke	17	d
viii	b	Aqua. s. Mic.	cancer	1	in the after=	18	e
ix	c	[illegible]	cancer	13	noone.	19	f
x	d	Gordion. bish	Cancer	25		20	g
xi	e	[illegible]	Leo	7		21	a
xii		Nerie archbi.	Leo	19	First quart.	22	
xiii	g	[illegible]	Virgo	1	the 13. day. 12	23	c
xiiii	a	bonifacius	Virgo	11	minutes after	24	d
xv	b	Isidore	virgo	25	3 in the after	25	e
xvi	c	brandon byst	Libra	7	noone.	26	f
xvii	d	bernard	Libra	15		27	g
xviii	e	Diascorie	scorpio	3		28	a
xix		[illegible]	scorpio	17	● Ful moone	29	
xx	g	Dunstan. bi	Sagitar.	0	the 21. day,	30	c
xxi	a	Hellen Qua	sagitari.	15	neare 3. in the	31	d
xxii	b	[illegible]	Sagitar	29	morning.	1	e
xxiii	c	Desiderie.	capricor.	14		2	f
xxiiii	d	franscis tran.	Capric.	29		3	g
xv	e	Urbane	Aquarr.	13		4	a
xvi		Augustine	Aquar	28	☽ Last quar=	5	
xxvii	g	Bede Priest	pisces	12	ter the 27 day	6	c
xxviii	a	Germane.	pisces	26	a quarter alt.	7	d
xxix	b	Coronis	Aries	10	6 at night.	8	e
xxx	c	Felix bishop	aries	23		9	f
xxxi	d	[illegible]	taurus	6		10	g

Drinke, new, or sweet, taste not at all,
for thereby growes no danger small:
And to thy selfe such pastime take,
as may in God, thee merry make.

i	e	Nichomede	Taur.	19		11	a
ii		Marcellinus	Gemini	1		12	
iii	g	Erasmus	Gemini	15	New moone	13	c
iiii	a	Petrose	Gemini	27	the 4 day half	14	d
v	b	Boniface bish	Cancer	9	an houre aft.	15	e
vi	c	Melones	Cancer	21	3 in the mor=	16	f
vii	d	wolstan tran	Leo	3	ning.	17	g
viii	e	Wigard.	Leo	15		18	a
ix		Edmund tra	Leo	27		19	b
x	g	Gervais	Virgo	9		20	c
xi	a		Virgo	21		21	d
xii	b	Basilidis	Libra	3	First quarter	22	e
xiii	c	Anthony	Libra	15	the 12 day	23	f
xiiii	d	Basil bishop	libra	28	neere 6 in the	24	g
xv	e	Vite & mod.	Scorp.	11	morning.	25	a
xvi		Ric. tra.	Scorpio	25		26	b
xvii	g	Botolph ma.	Sagit	9		27	c
xviii	a	Wat. and ma.	Sagit	23	Full moone	28	d
xix	b		capric.	8	the 19 day. a	29	e
xx	c	Transl. Edw.	Capric.	23	quarter after	30	f
xxi	d	Walburge	Aquar.	8	one in the af=	1	g
xxii	e	Alban mart.	Aquar.	23	ter noone.	2	a
xxiii		Etheld. Fast	Pisces	8		3	b
xxiiii	g		pisces	22		4	c
xxv	a	Eligij transl.	Aries	6	Last quarter	5	d
xxvi	b	Nat. J. Dam	aries	20	the 26 day, a	6	e
xxvii	c	Excellentis	Taurus	3	quarter after	7	f
xxviii	d	Leonis Fast	taurus	16	one in the	8	g
xxix	e		taurus	29	morne.	9	a
xxx		Ton. of Paul	gemini	12		10	

VVhat pleaseth Iune, likes Iuly best,
coole bathes they loue among the reast:
The grasse that growes, to morrow's hay,
and man thats now, assoone is clay.

Accepte
Wbonbe
sea.

i	g	Oct. Io. bap.	geminj	24		1	c
ii	a	Visi. of mary	Cancer	6		12	d
iii	b	Transl. Cho,	Cancer	18	● New moon	13	e
iiii	c	Hildrich.	Leo	0	the 3. day 22.	14	f
v	d	Foe virgine	Leo	12	min: after v.	15	g
vi	e	Oct. petri	Leo	24	in the after-	16	a
vii		Trans Tho.	Virgo	6	noone.	17	
viii	g	Grimbald	Virgo	18		18	b
ix	a	Cyrill bishop	Libra	0		19	c
x	b	7 Brith. mar.	Libra	12	D First quar=	20	d
xi	c	transl: Bene	Libra	24	ter the 11 day	21	e
xii	d	Mabol & Fe.	Scorp	6	a little after 9	22	f
xiii	e		Scorpio	19	at night.	23	g
xiiii		Margaret	Sagita.	3		24	
xv	g	Bena bene.	Sagita.	17		25	a
xvi	a	Swithins da	Capric.			26	b
xvii	b	Transl. Dim.	Capric.	16		27	c
xviii	c	Iacobi.	aquarius	1	● Full moon	28	d
xix	d	Pan. Sara.	aquarius	16	the 18 day 40	29	e
xx	e	Marga. virg.	Pisces	2	min: after 6 at	30	f
xxi		Praxide virg	Pisces	17	night.	31	
xxii	g	Mar. Mag.	aries	1		1	a
xxiii	a	Apeline bish.	aries	16		2	b
xxiiii	b	Christ. Fast	aries	29		3	c
xxv	c		Taurus	13	D Last quar=	4	d
xxvi	d	Anna	taurus	26	ter the 25 day	5	e
xxvii	e	vii. Sleepers	Gemini	9	halfe an houre	6	f
xxviii		Hampf. bish.	Gemini	21	after ix in the	7	
xxix	g	Martha	Cancer	3	morning.	8	g
xxx	a	Abdon & sen	Cancer	15		9	a
xxxi	b	Germane	Cancer	27		10	c

Take litle ſleepe and medcine non,
the dog-dayes now are comming on:
Go plucke thy fruite, yet leaue thou ſtore,
for gleaning's due, (God ſayes) to poore.

Accompt

1	f	Lammas day	leo	9		11 f
2	g	Stephen bish	leo	21	Newe moone	12 g
3	a	Inuc. of Ste.	Virgo	3	the 2 day, a li-	13 a
4	b	Iuſtin priest.	Virgo	15	tle after 10 in	14 b
5	c	Gouries con.	virgo	26	the morning.	15 c
6	d	Sextus	libra	9		16 d
7	e	Donatus	libra	21		17 e
8	f	Tirriaci	Scorpi	3		18 f
9	g	Romaine mar	scorpio	15		19 g
10	a	Laurance mar	scorp.	28		20 a
11	b	Tiburt mare	sagitar.	11	First quarter	21 b
12	c	Clare virgm	Sagit.	25	the 10 day, 37	22 c
13	d	Hypollite	Capric.	9	min. after 9.	23 d
14	e		Capric.	24	in the morne	24 e
15	f	assump. mary	Aquar.	9		25 f
16	g	Roch. mart.	Aquar.	24		26 g
17	a	Oct. Lawra.	pisces	10	Full moon the	27 a
18	b	agapite mart.	pisces	25	17 day, a quer	28 b
19	c	Magnus ma.	aries	10	ter after 2 in	29 c
20	d	Leonard	aries	24	the morning.	30 d
21	e	Bernard con	Tau	8		31 e
22	f	Oct mary	Taur.	22	Laſt quarter	1 f
23	g	Timoth. faſt	Gemini	5	the 23 day,	2 g
24	a		Gemini	17	halfe an hour	3 a
25	b	Ludouicle	Cancer	0	ait. 9 at night.	4 b
26	c	Geuerine	Cancer	12		5 c
27	d	Ruffi. mart.	Cancer	24		6 d
28	e	auguſtine	leo	6	New moone	7 e
29	f		leo	18	the laſt day,	8 f
30	g	ſeluets	virgo	0	halfe an hour	9 g
31	a	Cuthberge	virgo	12	aft. mid night	10 a

Raw fruits though ripe may sickness bring,
vnripe much eaten, a dangerous thing:
If now a surfet thou dost take,
when others sleepe thou must awake.

Accompt beyond sea.

i		Egidi Abbot	Virgo	24	11	
ii	3	Intho mart.	Libra	6	12	c
iii	a	Dedun. Greg.	Libra	18	13	d
iiii	b	Tra of Cuth.	Scor.	0	14	e
v	c	Bertine	Scorp.	13	15	f
vi	d	Eugenius.	Scorpio	25	16	g
vii	e	Euncines	Sagit.	8	17	a
viii		Nat. Mary	Sagit.	22	18	b
ix	g	Gorgonius	Capric.	5	19	c
x	a	Silanus	Capric.	19	20	d
xi	b	Mauricius	Aquari.	3	21	e
xii	c	Maximian	Aquari.	18	22	f
xiii	d		Pisces	3	23	g
xiiii	e	Holy Crosse	Pisces	18	24	a
xv		Oct of Mar.	Aries	3	25	b
xvi	g	Edith virgine	Aries	18	26	c
xvii	a	Lambert bish.	Taurus	2	27	d
xviii	b		Taurus	16	28	e
xix	c	Jaunar. mar.	Gemini	0	29	f
xx	d	Nat. T. fast	Gemini	13	30	g
xxi	e		Gemini	26	1	a
xxii		Tecla virgin,	Cancer	8	2	b
xxiii	g	Indroc. mar.	Cancer	26	3	c
xxiiii	a	Firmine.	Leo	2	4	d
xxv	b	fest. Judeor.	Leo	14	5	e
xxvi	c	Cyprian	Leo	26	6	f
xxvii	d	Cosme & Da	Virgo	8	7	g
xxviii	e	Exuperi. fast	Virgo	20	8	a
xxix			Libra	2	9	b
xxx	g	Hierom priest	Libra	15	10	c

☽ First quarter the 8. day, 50. min. after 6. at night.

● full moone the 15. day, a little after 10 in the morne.

☽ Last quart. the 22. day, a quarter after 2 in the after noone.

● New moon the 30. day, 40. minut aft. 4. at night.

VVarme cloathes muſt now prouided be,
alſo warme meates be good for thee:
Haue good regard thy feet be drye,
thou ſhalt auoyd much harme thereby.

i	a	Remigius.	Libra	27		11	b
ii	b	Leodegar.	Scorp.	10		12	c
iii	c	Candidæ mar	Scorpi.	22		13	d
iiii	d	Francis conf	Sagit.	5		14	e
v	e	Apolinarius	Sagit.	19		15	f
vi	f	Edis	Capric.	2	First quarter	16	g
vii	g	Marci. & mar	Capric.	16	the 8. day,	17	a
viii	a	Pelagius bir	aquarius	0	meare 3. in	18	b
ix	b	[illegible]	aquer.	14	the morning.	19	c
x	c	Bereonis	aquarius	28		20	d
xi	d	Michal. birg.	Pisces	13		21	e
xii	e	Wilfrid.	Pisces	27	Full moone	22	f
xiii	f		Aries	12	the 14 day. 23	23	g
xiiii	g	Talixn	Aries	26	minutes after	24	a
xv	a	Wilfan bish.	Taurus	10	7 at night.	25	b
xvi	b	Galli	Taurus	25		26	c
xvii	c	Ethelde. fast	Gemini	8		27	d
xviii	d		Gemini	21		28	e
xix	e	Frideſwide	Cancer	3		29	f
xx	f	Auſtrebert	Cancer	16		30	g
xxi	g	4000 virgin	Cancer.	28	Laſt quarter	31	a
xxii	a	Dane. Mary	Leo	10	the 22 day, 25	1	b
xxiii	b	Roman arch.	Leo	22	minutes after	2	c
xxiiii	c	Wazlory	Virgo	4	9 in the moz-	3	d
xxv	d	Criſp & Criſ.	Virgo	16	ning.	4	e
xxvi	e	Quintily	Virgo	28		5	f
xxvii	f	Florence faſt	Libra	10	New moone	6	g
xxviii	g	[illegible]	Libra	23	the 30 day, 21	7	a
xxix	a	Marcellus	Scorpio	6	minutes after	8	b
xxx	b	German bish	Scorpio	19	8 in the moz-	9	c
xxxi	c	[illegible]	Sagit.	2	ning.	10	d

If Rheumes doe now moleſt thy head,
it is not ill to ſweate in bed:
Feede on good meate if ſtomacke ſerue,
elſe ſeeke for that which doth preſerue.

i	d		Sagit.	15		11	g	
ii	e	All-Soules	Sagit.	29		12	a	
iii	f	Wenifred	Capri	13		13	b	
iiii	g	amantius	Capri	27		14	c	
v	a		aquari.	11	☽ Firſt quart.	15	d	
vi	b	Leonard	Aquari.	25	the vi. day, a	16	e	
vii	c	Willibood	Piſces	9	quarter after	17	f	
viii	d	4. Crowned	Piſces	24	9 in the mor-	18	g	
ix	e	Theodore	aries	8	ning.	19	a	
x	f	Martine	aries	22		20	b	
xi	g		taurus	6		21	c	
xii	a	Paterne	Taurus	19	● Full moon	22	d	
xiii	b	Brice	gemini	3	the 13 day, 51	24	e	
xiiii	c	Erbin. wal.	Gemini	16	minutes after	23	f	
xv	d	Gugeni	gemini	29	7 in the mor-	25	g	
xvi	e	Edmond bep.	Cancer	11	ning.	26	a	
xvii	f	Hughgones	cancer	24		27	b	
xviii	g	Octab. mart.	Leo	9		28	c	
xix	a	Elizab. mart.	Leo	18		29	d	
xx	b	Edmund kin.	Leo	29	☽ Laſt quarter	30	e	
xxi	c	priеſt of mar	Virgo	11	the 21 day,	1	f	
xxii	d	Cecily virgin	Virgo	23	halfe an hour	2	g	
xxiii	e	Clement biſh	Libra	5	after 7 in the	3	a	
xxiiii	f	Crisogonius	Libra	18	morning.	4	b	
xxv	g	Katherine vir	Scorpi.	0		5	c	
xxvi	a	Linus biſhop	Scorpi.	15		6	d	
xxvii	b	agricola	ſcorp.	26	● New moon	7	e	
xxviii	c		ſagit.	10	the 28 day, 19	8	f	
xxix	d	faſt	ſagit.	24	minu. after 11	9	g	
xxx	e		Capric	8	in the night.	10	a	

December hath xxxi. dales.

Now cold December is come in,
and poore mans backe is cloathed thin:
Feed and cloath him, then as you may
for God threefold will it repay.

Accompt Beyond sea,

i		Loy bishop	capric.	2[illegible]		11	
ii	g	Libian mart	Aquari.	7		[illegible]	c
iii	a	Dep of Osm	Aquari.	22		13	d
iiii	b	Barbary vir.	Pisces	6		14	e
v	c	sabba Abbot	pisces	21	☽ First quarter the 5. day at 5 of the clock at night	5	f
vi	d	Nicholas	Aries	5		6	g
vii	e	Oct. of. And.	Aries	19		7	a
viii		Con of mary	taurus	2		18	
ix	g	Cyprian Ab.	taurus	16		19	c
x	a	Eulalia virg.	taurus	29		20	d
xi	b	Damascus	gemini	12		21	e
xii	c		Gemini	25	● Full moone the xii day, 19. minutes after 11. at night.	22	f
xiii	d	Luce virgin	Cancer	8		23	g
xiiii	e	Otholy virg.	Gemini	20		24	a
xv		Valeri bishop	Leo	2		25	
xvi	g	Sapientia	Leo	14		26	c
xvii	a	Lazarus	Leo	26		27	d
xviii	b		virgo	8		28	e
xix	c	Veneti virgin	virgo	20		29	f
xx	d	Julian. fast	Libra	2	☽ Last quarter the 21. day halfe an houre after 5. in the morne.	30	g
xxi	e		Libra	14		31	a
xxii		Victories	Libra	26		1	
xxiii	g	Victor virgin	Scorpio	8		2	c
xxiiii	a	Claudy Fast	scorpio	21		3	d
xxv	b		Sagit.	4		4	e
xxvi	c		Sagit	18	● New moone the 28 day, halfe an hour after high moone.	5	f
xxvii	d		capric.	2		6	g
xxviii	e		Capric	17		7	a
xxix		Tho. Becket	Aqua	2		8	
xxx	g	Jacob trans.	Aqu.	16		9	c
xxxi	a	Siluester bish	pisces	1		10	d

Freind. 1616.

A Prognostication, for this present yeare of our Lord GOD. 1616.

Being Bissextile, or Leape yeare.

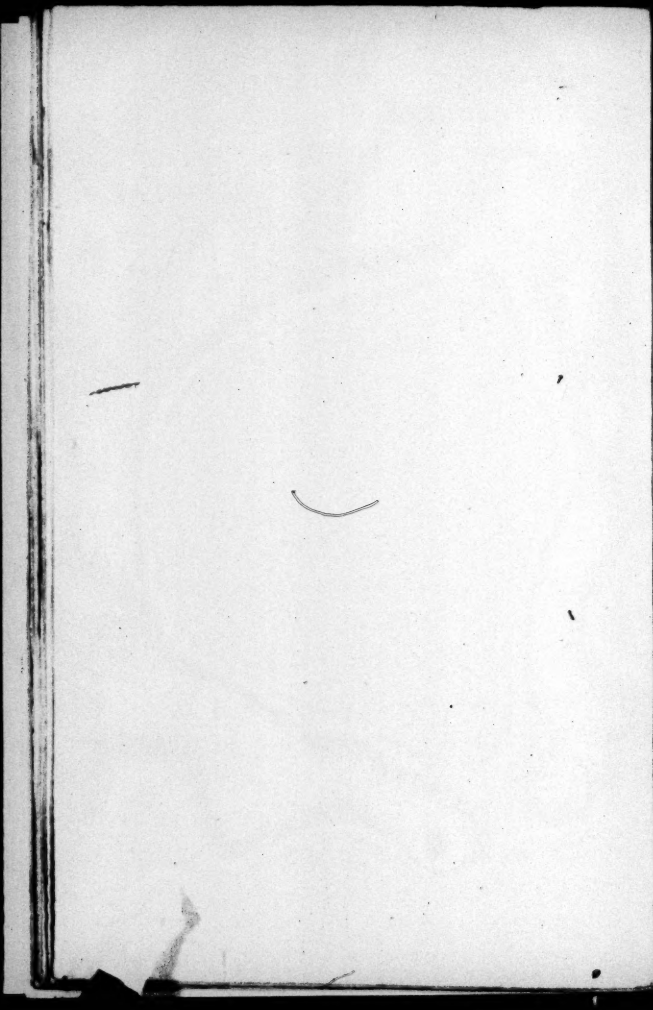
Wherein you may behold the estate of the present yeare, the disposition of each Quarter, and the Inclination of the weather for every Quarter of the Moone, throughout the whole yeare.

Also, husbandly Advertisements, with convenient Notes for Bleeding, Bathing, Purging, Sweating; and other matters of good consequence.

By GABRIELL FREIND.

Read, and Iudge.

Imprinted at London for the *Companie of Stationers.*



A Declaration of the Disposition of the foure parts or Quarters of this present yeare. 1616.

And first, of Winter.

The ☉ Sunne in ♑ Capricorne, ♒ Aquarius, ♓ Pisces.

In stead of Flowers and Grasse so greene,
the Earth hath got an other hue:
Frostes, Snow, and durty Dales are seene,
where pleasant Plants most fruitfull grew:
Childhood, cold Rhewme, and Phlegmaticke state,
of Winters nature doth best relate.

THis Quarter (according to our English vsuall accompt) began in the yeare last past 1615. on the 11. day of December; at which time, the Sunne entred into the first scruple of the signe Capricorne, being in his greatest distance, and farthest remoued from our Clerticall point, making to vs, the shortest day and longest night in the yeare. This Quarter continueth vntill the 11. day of March next ensuing, which is in the yeare of our redemption 1616. then the Winter quarter shall cease, and the Spring quarter take place.

The proper qualities of this Quarter (according to natures inclination) is cold and moist, cleane opposite and contrary to the qualitie of Sommer quarter: for those things which Sommer bringeth forth and nourisheth, and like the busie Bee prouideth, Winter with his cold continuance, like the idle Droane destroyeth & deuoureth. Now the Sappe and Iuyce leaueth the branches of Trees and Hearbs, and discendeth into the Roote: and naturall heate is now driuen

to the inward parts of mans body; whereupon the Rootes of Plants and Hearbes, are most necessary in Winter for Phisicall vses.

The ordinary Griefes attending vpon this cold Quarter, are shyrnesse of Wind, the Colicke, Strangury, Stone, Head-aches, Ioynt aches. Stitches in the side. Rhewmes, Coughs, Hoarsnesse in the throate, & phlegmatike Feuers.

Therefore for to preuent such griefe,
vse Meates that's warme and dry:
Both Head and Feete see warme thou keepe,
eate well, drinke sparingly.

Of The second part of the yeare, called, the Spring.

The ☉ Sunne in ♈ Aries, ♉ Taurus, ♊ Gemini.

Most welcome is the fruitfull Spring,
to Creatures all that multiplie:
Both Birdes and Beastes doe skip and sing,
in flocking sort abundantly:
In Sanguine men, and youthfull yeares,
this Seasons nature best appeares.

THE Sunne hauing made his passage, and finished his course through the three Hiemall or Winter signes, at his approach and entrance into the first degree of Aries, he bringeth on, and beginneth the Spring quarter: which taketh out this yeare on the 11. day of March, and endeth on the 5. day of June.

The naturall disposition of this Quarter, is hot & moyst, resembling the Ayre, and youth of man: Now is the day and night of an equall length; for the Sunne riseth at vi. a clocke in the morning, and setteth at vi in the euening; so equalling the Artificiall day.

This

This Quarter is very temperat and hollsome, and therefore Hipocrates, and other learned Phyſitions both auncient and moderne, hold it to be the chiefeſt time in all the yeare, for to take Phiſicke, and to giue eaſe to ſuch as be diſeaſed; and not onely to ſuch that feare diſeaſes to breed in them, but alſo for ſuch that haue had long lingring Diſeaſes.

The chiefeſt Maladies incident to this Quarter, are Faintings, Fluxes of Blood, Plurſies, Giddineſſe of the head, Kings euill, Swelling in the throate, Phrenſies, Melancholie, Leproſie, Head-ach, Scabs, Madneſſe, Apoſtumes, Sore eyes, and ſuch like.

Freſh Humors now abound man in,
to bleed and Purge ſpare not thy Wealth:
Let Meates be pure, and Meales but thin,
if thou regard thy future health.

The third part of the yeare, called Sommer.

The ☉ Sunne in ♋ Cancer, ♌ Leo, ♍ Virgo.

Bright *SOL* hauing got the higheſt graſe,
Lookes downe on Earth with hot aſpect:
Parching the Ground and corne Blade,
ripening all things with good effect:
Fierce chollericke men and middle age,
Of Sommers nature doe preſage.

SOmmer is well ſaid to be the nourther both of Man and Beaſt, and all other Creatures, by prouiding and bringing forth thoſe things which are needfull for them. This Quarter beginneth at the Sunnes entrance into the firſt ſcruple of Cancer, which is this yeare on the 1. day of June, making the longeſt dayes and ſhorteſt nights in the yeare: and endeth on the 22. day of September, at the Sunnes entraunce into the firſt ſcruple of Libra.

A Prognostication.

The condition of this Quarter, will not much alter his accustomed naturall disposition: which is, hot and dry, of complexion Cholericke resembling fire: mans Stomacke is now slowest of digestion, because naturall heate leaueth the inward parts, and possesseth the outward: Take heede therefore of eating and drinking immoderatly, least that you surfet.

The ordinarie Maladies of this season, are those: Mortifyings, hot burning Agues, but especiall tertian Agues, Fluxes, Iaundice, Vlcerations of the Mouth, Inflamations of the Eyes, Paine in the Eares, Laskes, Vnquietnes of Minde, Pulses in the Face: with other strange Diseases proceeding from corrupt inflamed Blood.

Mans Stomacke now more weaker is,
then earst it was before:
Let moystning therefore be thy Meate,
eate leske, but drinke the more.

Of The Fourth part of the yeare, called, Autumne, Harueſt, or the Fall of the Leafe.

The ☉ Sunne is ♎ Libra, ♏ Scorpio, ♐ Sagittari.

For Good husbands paine, Harueſt yeeldes gaine:
Whatsoeuer now on earth doth grow,
Each Tree, Plant, Shrub, all for mans good,
Shewes them their duetie God vnto:
Crooked old Age, humor Melancholie,
Will *Autumns* nature truly verifie.

AVtumne, or Harueſt, commonly called, the Fall of the Leafe (according to our English vsuall Accompt,) beginneth when the Sunne hauing finisht the Sommer

mer quarter, in the last degree of Virgo, and at his first ingresse into the first degree of Libra; then making againe the dayes and nights of an equall length vnto all Nations, which is on the xiii. day of September, and lasteth whilst that the Sunne maketh his passage through these Signes Libra, Scorpio, Sagittarius: and so finishing the season at the Sunnes entrance into the first scruple of Capricorne, which is on the 10. day of December.

The Condition of this Season (according to naturall Inclination,) is cold and dry, fitly compared to the Earth and Melancholy humour, of the Northerne Region, being the vnholsomnest Quarter in the yeare, and tearmed by Hipocrates, the Mother and Nurse of all deadly Diseases.

Now the face of the Earth loseth her beautie, Plantes and Trees cast their Flowers and Fruites, Beastes betake themselues to their Dennes, and Serpents to their Caues. Floodes are now at the highest, and Springes at the lowest.

The Infirmities incident to this sickly Season, be many and dangerous, as Strangurie, quartane Agues, Sciatica, Botches, Collicke, Melancholy passions, Lamenesse and Weaknesse of the Limbes, Falling-sicknesse, Shortnesse of Winde, Consumptions, Swellings and Vlcerations in the Throate and Mouth, Pyles, Fistulaes, Timpanes, swelling and hardnesse of the Spleene, vnaccustomed Feuers, and such like.

Take heed therefore of cold raw Fruites,
whose Iuice corruption breedes:
This Season serueth fit againe,
to Purge, to Bath, to Bleed.

A Prognostication.

A perfect Rule to know the Law-dayes in the Courtes of the Arches, the Audience of *Canterburie*, the Spirituall and Ciuill lawes throughout the yeare.

Michaelmas Tearme.

S. Luke.	All Saints.	S. Andrew.
S. Simon & Jude.	S. Martine.	The Conception
S. Fayth.	Edmond King.	of our Lady.
S. Edward.	S. Katherine.	

You must vnderstande, that the first day ensuing each of the Feastes set downe before euery Tearme, the Court of the Arches is kept in the forenoone at Bow-church; and in the after noone the same first day, is kept in Southwarke the Admirall court for Ciuill causes.

The second day after each of these Feastes, the Audience of Court of Canterburie is held in the Consistorie in Paules in the fore noone: And the Prerogatiue Court of Canterburie is kept in the same place in the after noone the same day.

The third day following any of those Feastes, the Bishoppe of Londons Court of Consistory, is holden in Paules in the forenoone: and in the same place, is the Court of the Kings highnes Commissioners vpon appeales, and the Court of Delegates, holden in the after noone the same third day.

Hillarie Tearme.

S. Hillarie.	S. Scholastice.	S. Chaude.
S. Wolstane.	S. Valentine.	Perper. & Felic.
Conuertion of Paul.	Ashwednesday.	S. Gregory.
S. Blase.	S. Matthias.	Annun. of our Lady.

Note that the foure first Feastes of the Tearme, be neuer changed, but are certaine, the other are sometime kept, and sometime omitted after the course of the yeare altered. And if it so chaunce, that the one of those Feastes be Ashwednesday that are after S.

Blases

Blases day, so that the same Law-day after Ashwednesday cannot be kept, because the Law-day of the other Feast doth light on the same day, The second Law-day after Ashwednesday shall be kept, and the other omitted.

And if the Law-day after Ashwednesday be the next day after S. Blase, then shall all, and every of those dayes be obserued in order as they may be held conuenientlie.

And further note, that although Ashwednesday be the 7. in order, yet it hath no certaine place but is changed as the Feast of Easter causeth it.

Easter Tearme.

The rv. day after Easter.	Gordian.	
Saint Alphage.	S. Dunstan.	
Saint Marke Euangelist.	Ascension day.	
Inuention of the Crosse.		

In this Tearme, the first sitting is alwayes kept the Monday, being the rv day after Easter; and so after the Feastes here noted, which shall next follow by course after Easter, and the like space being kept betweene other Feastes: the rest of the Law-dayes are kept the third day after the Ascension. which is the last of this Tearme. And if it happen that the Ascension day doe come before any of those Feastes aboue said, then they are omitted for that yeare. And likewise if any of those dayes come before the rv. day after Easter, those dayes are also omitted.

Trinitie Tearme.

Trinitie Sunday.	S. Botulph.	S. Swithin.
Corpus Christi.	S. John.	S. Margaret.
Boniface Bishop.	S. Paul.	S. Anne.
S. Barnabe.	Trin. S. Toma.	

Remember that the Law-dayes of this Tearme are changed by the meanes of Pentecost; and the first sitting is holden alwayes the first day after Trinitie Sunday: and the second Law-day is holden the first day after Corpus Christi day, except it fall on some day about named, which chaunceth some time, and then the

first

sitter day is kept. And after the second Session, account foure dayes, or thereabout, and then looke which is the next Feast, and the first Law-day after the said Feast, shall be the third Session: The other Law dayes follow in order; but so many of them are kept, as for the time of the yeare is thought meete.

Note generally, that euery day is called a Law-day that is not Sunday or Holyday, and that if the Feast day being knowne of any Court day in any Tearme, and the first or second day following be Sunday, then the Court day is kept after the said Holiday or Feast day.

First, of all these dayes are not altered, except they light on Sunday, or some Holyday, and euery day is called a Law-day, vnlesse it be Sunday or Holyday.

The rising and setting of the Sunne, with the disposition of the Weather for the Quarters of the Moone, in euery Month of this present yeare, 1616.

Of Ianuarie.

Dayes.	Sunne riseth.	Dayes.	Sunne setteth.
i.	52. minuts before 9.	i.	52. min. after 3.
xi.	4. min. before 8.	xi.	4. min. after 4.
xxi.	20. min. before 8.	xxi.	20. min. after 4.

LAst Quarter on Tewesday the ii. day, at one of the clocke in the morning, moist weather.

New Moone on Monday the viii. day, at ix. of the clocke at night, cold rainy weather threatned.

First Quarter on Monday the xv. day, at almost three of the clocke in the after noone, Winterlike weather.

Full

Full Moone on Tewesday the xviii. day, at v. of the clocke at night, much moysture threatned.

Last Quarter on Weone day the last day, at almost iii. of the clocke in the after noone, windy for the most part.

Of Februarie.

Dayes.	Sunne riseth.	Dayes.	Sunne setteth.
i.	40. min. before 8.	i.	40. min. after 5.
xi.	at 8.	xi.	at 5.
xxi.	23. min. before 7.	xxi.	23. min. after 5.

New Moone on Wednesday the vii. day, at viii. of the clocke in the morning, cold most winterlike weather.

First Quarter on Wednesday the xiiii. day, three quarter after viii. of the clocke in the morning, great store of raine threatned.

Full Moone on Thursday the xxii. day, at almost xii. of the clocke at noone, more moysture and tempestuous weather threatned.

Of March.

Dayes.	Sunne riseth.	Dayes.	Sunne setteth.
i.	42. min. before 7.	i.	42. min. before 6.
xi.	at 7.	xi.	at 6.
xxi.	2. min after 6.	xxi.	2. min. after 6.

Last Quarter on Friday the first day, three quarters past one of the clocke in the morning, windy and wet.

New Moone on Thursday the xii. day, halfe an howre after vi. of the clocke at night, windy for the most part.

First Quarter on Friday the xx. day, a quarter after three of the clocke in the after noone, variable, with some fall of drops.

Full Moone on Saterday the xxvi. day, at almost xii. of the clocke in the morning, cold raining and variable weather.

Last Quarter on Saturday the xxx. day, at viii. of the clocke in the morning, windy and wet.

Of

Of Aprill.

Dayes.	Sunne riseth.	Dayes.	Sunne setteth.
i.	46 min. before 6.	i.	46. min. after 6.
xi.	at 5.	xi.	at 7.
xxi	19. min. before 5.	xxi.	19. min. after 7.

NEw Moone the vi. day, three quarters past three of the clocke in the morning, windy and wette.

First Quarter the xiii. day, halfe an hower after ix. of the clocke at night, like weather as before.

Full Moone the xxi. day, three quarters of an hower after iiii. of the clocke in the euening. weather fitting the season.

Last Quarter the xxviii. day, at one of the clocke in the after noone, temperate weather, with some sweete showers.

Of May.

Dayes.	Sunne riseth.	Dayes.	Sunne setteth.
i.	37. min. before 5.	i.	37. min. after 7.
xi.	51. min. before 5.	xi.	55. min after 7.
xxi.	4 min before 4.	xxi.	4. min after 8.

New Moone the v. day, at iii. of the clocke in the after noone, windie and wauering.

First Quarter the xiii day, 12. min. after iii. of the clocke in the after noone, some fall of showers.

Full Moone the xxi. day, neere iii. of the clocke in the morning, tempestuous weather.

Last Quarter the xxvii. day, a quarter after vi. of the clocke at night, seasonable for the time.

Of

Of Iune.

Dayes.	Sunne ryseth.	Dayes.	Sunne setteth.
i.	10. min. before 4.	i.	10. min. after 8.
xi.	15. min. before 4.	xi.	15. min. after 8.
xxi.	11. min. before 4.	xxi.	11. min. after 8.

New Moone the iiii. day, halfe an houer after iii. of the clocke in the morning, cloudy tempestuous weather.

First Quarter the xii. day, neere vi. of the clocke in the morning, coole and comfortable.

Full Moone the xix. day, a quarter after one of the clocke in the after noone, variably inclined.

Last Quarter the xxvi. day, a quarter after one of the clocke in the morning, some showers.

Of Iuly.

Dayes.	Sunne riseth.	Dayes.	Sunne setteth.
i.	5. min. before 4.	i.	5. min. after 8.
xi.	54. min. before 5.	xi.	54. min after 7.
xxi.	8. min. before 5.	xxi.	38. min after 7.

New Moone the iii. day, 22 minutes after v. of the clocke in the after noone, lofty windy weather.

First Quarter the xi. day, a litle after ix. of the clocke at night, coole and comfortable.

Full Moone the xviii. day, 40. minutes after vi. of the clocke at night, seasonable for the time.

Last Quarter the xxv. day, halfe an houer after ix. of the clocke in the morning, darke skye, and troubled ayre.

Of

Of August.

Dayes.	Sunne riseth.	Dayes.	Sunne setteth.
i.	21. min. before 5.	i.	2. min. after 7.
xi.	at 5.	xi.	at 7.
xxi.	46. min. before 6.	xxi.	46. min. after 6.

New Moone the ii. day, a litle after x. of the clocke in the morning, variably inclined.

First Quarter the x. day, 37. minutes after ix. of the clocke in the morning, fayre Sunne shyning.

Full Moone the xvii. day, a quarter after two of the clocke in the morning, windy and wauering.

Last Quarter the xxiii. day, halfe an howre after ix. of the clocke at night, troubled ayre.

New Moone the last day, halfe an howre after midnight, temperat coole weather.

Of September.

Dayes.	Sunne riseth.	Dayes.	Sunne setteth.
i.	24. min. before 6.	i.	24. min. after 6.
xi.	2. min. before 6.	xi.	2. min. after 6.
xxi.	44. min. before 7.	xxi.	44. min. after 5.

First Quarter the viii day, 50. minutes after vi. of the clocke at night, variable weather.

Full Moone the xv. day, a litle after x. of the clocke in the morning, windy, with some droppes.

Last Quarter the xxii. day, a quarter after two in the after noone, weather fitting the season.

New Moone the xxx. day, 40. min. after iiii. of the clocke at night, tempestuous weather.

Of

Of October.

Dayes.	Sunne riseth.	Dayes.	Sunne setteth.
i.	24. min. before 7.	i.	24. min. after 5.
xi.	at 7.	xi.	at 5.
xxi.	45. min. before 8.	xxi.	45. min. after. 4.

First Quarter the viii. day, neere iii. of the clocke in the morning, windy and wandring.

Full Moone the xiii. day, 23. min. after vi. of the clocke at night, coole and comfortable.

Last Quarter the xxi. day, 25. minuts after ix. of the clocke in the morning, variably inclined.

New Moone the xxv. day, 21. min. after viii. of the clocke in the morning, seasonable for the time.

Of Nouember.

Dayes.	Sunne riseth.	Dayes.	Sunne setteth.
i.	26. min. before 8.	i.	26. min. after 4.
xi.	10. min. before 8.	xi.	10. min after 4.
xxi.	59 min before 9.	xxi.	59. min after 3.

First Quarter the vi. day, at a quarter after ix. of the clocke in the morning, weather agreeable to the season.

Full Moone the xiii. day, 51. minuts after vii. of the clocke in the morning, variable winterlike weather.

Last Quarter the xxi. day, halfe an howre after vi. of the clocke in the morning, cloudy weather.

New Moone the xxviii. day, 19. min. after xi. of the clocke in the night, cloudy weather.

Of

Of December.

Dayes.	Sunne riseth.	Dayes.	Sunne setteth.
i.	50. min. before 9.	i.	50. min. after 3.
xi.	47. min. before 9.	xi.	47. min. after 3.
xxi.	49. min. before 9.	xxi.	49. min. after 3.

First Quarter the v. day, at v. of the clocke at night, fayre weather.
Full Moone the xii. day, 49. minuts after xi. of the clocke at night, snow or sleete.
Last Quarter the xxi. day, halfe an hower after v. of the clocke in the morning, cold winterlike weather.
New Moone the xxvii. day, halfe an hower after high noone, weather agreeable to the season.

Short Rules necessarie to be considered in letting of Blood, Purging, Bathing, and Sweating.

IN letting of Blood, obserue this: Bleed not at all, except vrgent cause compell thee: which is to be knowne by the counsell of the learned Phisition. The age of the Patient ought also to be regarded: for from very young, or old persons, Blood ought not in any case to be taken.

The time of the yeare fittest for this purpose, is from the middest of the Spring, to the beginning of Sommer: Harueste is also indifferent, the season being temperat.

For Complexion, let Blood the Chollericke, when the Moone is in Cancer, Scorpio, or Pisces, in any place except in the Breast, Members, or Feet.

For

For the Phlegmaticke, the Moone in Aries or Sagittarius, in any place except the Head and Thighes.

For the Melancholy, the Moone in Libra or Aquarius, in any place, the Buttocks and Legges excepted.

And for the Sanguine complexion, let blood in any of the former Signes: so that it be done with consideration and advice of the skilfull.

Take heed further, that ye let not Blood in the extreame heate of Sommer, or cold of Winter, vnlesse the Patient be taken with the Pluriſie, Peſtilence, Frenſie, Squinancie, or Apoplexie, or the like extreame Diſeases: for then you may not stay for a chosen day, least in the meane time the party diseased, be past helpe.

After Blood-letting, abstaine from sleepe and food, for the space of fiue howres: also from all exercise that shall too much straine the body, for foure dayes after, vsing meates of a light digestion.

Of Purging.

IT is very good to Purge when the Moone is in Cancer, Scorpio, or Pisces; and indifferent vpon extremitie, in Gemini, Libra, or Aquarius.

Purge not when the Moone is in any of these Signes, Aries, Taurus, or Capricorne.

Of Bathing.

THe fittest time in the yeare to enter Bathes, is from the beginning of May, vnto the end of September, when the Moone is in any of these Signes, Aries, Leo, or Sagittarius, two or three dayes after the change of the Moone, or at the full.

Let the Stumes be of a good height when you enter into the Bath, for then the Pitty and other corrupt Infections, are drawne from the earth.

If you will Bath for cleanlineſſe, let the Moone haue her course in Libra, or Pisces.

Bath not when the Moone is in these cold Signes, Taurus, Virgo, and Capricorne.

Of Sweating.

FOr Sweating, let the Moone be in these Signes, Aries, Leo, Sagittarius, Cancer, Scorpio, Pisces. Note further, that it is better to Sweate in the Euening, then in the Morning.

Some Notes to iudge of Diseases to come by the constitution of the Ayre, and the *nature of the Windes and Weather*, in euery of the foure principall Seasons of the yeare.

IF the Winter be dry, and full of North winds, the Spring rainy and full of South winds: in the Sommer season there shall happen sharpe Feuers, and Opthalmies, with dissenterie Fluxes, especially vnto Women, and vnto those Men which haue by nature moyst bodyes.

But contrariwise, if in the Winter South winds be most rife, and that season be rayny and warme: and the Spring time which succeedeth, be dry and full of North windes: then Women which are Child-bearing, shall by euery light occasion, be in danger of vntimely deliuerance: or if they goe out their due time, yet their Children will be so weake and sickly, that either they die quickly, or else liue a weake and feeble life. And vnto olde folkes will happen Rhewmes, Cathars, and other Fluxes, which will annoy and grieue them very much.

If the Sommer be dry, and the North winds be most rife: and the Autumne which succeedeth be rayny, and the South windes be common in it, then may we looke for grieuous paines in the Head toward Winter, with Coughs, Rhewmes, and Hoarsenesse, and in some, Consumptions.

When the Harueft season is dry, and full of North wind, then shall men and women which be of moyst complections, be in best estate:

estate: But men of other nature and complexion, shall be vexed with divers dry Diseases, and with Feuers sharpe and long, and other Melancholy greifes.

Moreouer, Hippocrates noteth, that among the diuers temperatures of the Ayre, Droughts be alwayes more healthfull then continuall Showers, and few die through them.

Through the continuance or multitude of Showers, are causeth these Diseases following; long lasting Feuers, Laskes, Putrification of humors, Epilepsies, Apoplexies, and Squinancies, or such like.

Through much Drought, and want of sweete and necessarie Showers, there happeneth vnto many, pining and consumptiue Maladies, with Aches of the Joynts, paines in the Bowels, and hardnesse of making Water.

Daily, or often Windes blowing from the North, maketh mens bodyes hard and strong, also lively and quicke, well coloured, and causeth thee Heare easily, but they dry the Belly: And if the Breast be often greiued before those Windes, they make the paine the greater. Contrariwise, the Tempestes and Winds which come from the South, doe relaxe and moysten mens bodyes, they dull the Hearing, dispose the Head to be heauie, makes the Eyes to dazzle, and the whole Body to be slow and vnlusty: they ouer-moysten many bodyes and are the cause of Laskes & Fluxes, Crampes, Fallingsickenesse, the Pestilence, and cruell Feuers.

The West wind breedeth also in moyst Bodies, Fleagme, corrupt Feuers, Anginæ, &c. Moreouer, it maketh dull, procureth sleepe, and also forceth Humors: and it is good for all growing things, as Corne, Grasse, Hearbes, and such like.

Husbandly Aduertisements, needfull *to be marked.*

When you would Plant or Graffe, consider where the Wind standeth: If it be in the South, it is very good for that purpose: but if it be in the North, or in the East, it is not good. It is good to Plant or Graffe generally, the Moone increasing

in these Signes, Taurus, or Aquarius, in the beginning of the Spring, or later end of Harvest.

Plant Trees for continuance, when the Moone is in Taurus, Leo, or Aquarius.

Cut Timber to have it sound, in December or Januarie, in the waine of the Moone in Aquarius or Pisces.

Prune Trees, and pull off the Mosse, in the moneth of Januarie.

Plash Hedges, and loppe Trees for Fewell that the Stumpe may the sooner grow againe, when the Moone is in Aries, or Libra, and in her increase.

Set young Quicksets from September to March.

Remoone young Trees in the last Quarter of the Moone, when she is in Aries, Libra, Scorpio, and in these moneths, September, Nouember, Februarie.

Set Vines in Februarie, March, or September, specially when the Moone is in Aries, Libra, Scorpio, in her increase.

Set Rose trees in the middest of Februarie, when the Moone increaseth.

Cut or prune Trees in March or Aprill, the Moone in Taurus, Virgo or Capricorne.

Gather Fruite, as Apples, Peares, and the like, at the full of the Moone, in the after noone, the weather being faire and dry, else they will rotte.

Sow all kind of Come and Graine, the Moone increasing, in Cancer, Libra, or Aquarius.

Reape Come for the long continuance of it and the straw dry, in the waine of the Moone, and in a dry season.

Reape Wheate in August.

Sow Flaxe and Hempe in Februarie.

Pole Hoppes in Februarie.

Cut downe Hay presently after the full of the Moone.

Dung Ground to prevent the growing of Weedes, the Moone decreasing.

Sow Carret seedes about the end of Februarie, or beginning of March, the Moone increasing.

Sow Cabbage about the last of August, three or foure dayes after a full Moone, or in Februarie, or March is good also.

Sow

Sow Cowcumbers, Pumpions, and Gourdes, in March, Februarie, or June, in a faire and cleare dry day.

Sow Colworts in the beginning of September.

Sow Parseneps in Februarie, or Aprill, the weather being temperate.

Sow Lettuce seed in the beginning of September, Februarie, or March.

Sow Onions, in the beginning of March the weeke before or after full Moone.

Sow Radish seed from ỳ end of March, to the beginning of July.

Sow Leekes to serue Sommer, in Aprill, May, or June: And to serue Winter, in September, or October.

Sow Spinage, Fennell, Parsley, Annis seeds, and Hisope, in Februarie, or March, at the full of the Moone.

Sow Beets in Februarie or March, when the Moone is at ỳ full.

Sow Time, Rosemary, Lauender, Isoles, and Burrage, in Februarie, or March, the Moone increasing.

Sow Strawberries in September.

Sow all manner of sweete Herbes, and set the Potte to haue them in Winter, in August or September: And in Aprill to serue for Sommer, the Moone increasing.

Pole Hoppes in Februarie, and gather them in September, the weather being dry.

Set Leekes and Garlicke in Januarie.

Set Artichokes in Februarie, March, or Aprill.

Sow Parlis in Februarie.

Set Rosemary in June.

Set Filberdes in October.

Gather Herbes for continuance, in June; but let them be well dryed in the shade first.

Make Malt in the month of November.

Set Beanes in Januarie, or Februarie in some shady place, as under Trees, or the like, the ground being prepared & made cleane.

Geld or cut Cattle, the Moone decreasing, in these signes Sagittarius, Capricornus, and Pisces, and in the moneth of June.

Sheare Sheepe that the Woolle may growe the sooner: And cut Haire that it may doe the like, when the Moone is in these signes,

A Prognostication.

Taurus, Libra. or Virgo.

Cutting or Shauing. in the age of the Moone, doth cause baudnesse: what then is cut or shaued, groweth slowly.

Kill fat Swine for Bacon, the better to continue his fatte in boyling, when the Moone is at the full, but not long after. Yet,

Neque is qui plantat, neque is qui rigat;
Sed Deus qui dat Incrementum.

A necessarie Table for expenses.

		Weeke.	Month.	Yeare.
A Farthing	by the day, is	i.d. ob.q.	viii d.	v.s.viii d.
A halfepeny		iii d.q.	xliii. d.	xv.s.x.d.ob.
A Penny		vii d.	ii s.iiii d.	xxx.s. v d.
ii Pence		xiiii d.	iiii.s viii.d.	xii li. x.d.
iii. Pence		xxi.d.	viii.s.	iiii li.xi.s.iii.d
iiii. Pence		ii s.viii d.	ix.s.iiii d.	vi.li. ii s. viii.
v. Pence		ii.s.xi d.	xi.s.viii.d.	viii.li.xii.s.i.d.
vi. Pence		iii.s. vi.d.	xliii s.	ix.li ii.s.vi.d.
vii. Pence		viii.s.	lxxviii.s.	xviii.li.x.s.

A Prognostication of expenses.

WHo gets a Groat a day,
and in a day it spendeth;
May long time liue, though little haue,
what euer hee intendeth:
Who in a day doth get a Groat,
and of his Groat doth two Pence spend,
May quickly thriue, and somewhat get,
to giue vnto his Friend:
But hee that spends a Groat a day,
and earneth but two Pence,
Will prooue a Begger I doe feare,
what e're was his pretence.

Certaine

Certaine Notes to be remembred at the first *falling ſicke of any perſon, gathered out* of that famous Phiſitian in his time, *Hipocrates*.

Whoſo falleth ſicke (ſaith hee) on the Sunday, and no amendment by the fifth day after, is in great danger of death at the tenth day following: but if he begin to amende the viii. or ix. day, then he is like to recouer perfect health about the xv. day following.

Whoſo falleth ſicke on the Monday, there may be hope he may recouer health by the ix. day following: but if that Sickneſſe continue vntill the xii. day, the party ſhall be in very great danger to die on the xiii. day after.

Who ſhall fall ſicke on the Tewesday, hope of amendement the third day after: and if the Sickneſſe longer continue, expect death the vi. or viii. day following.

Who euer doth fall ſicke on Wednesday, and at the vii day taketh reſt and ſleepe, amendment followeth: but if the Sickneſſe continueth vnto the xii. day, and increaſeth vi. or vii dayes after, death to the ſicke is to be looked for.

They that fall ſicke on the Thurſeday, is like to amende at the ix. day following: and if the Sickneſſe longer continue, yet great hope of amendement to health the xv. day after.

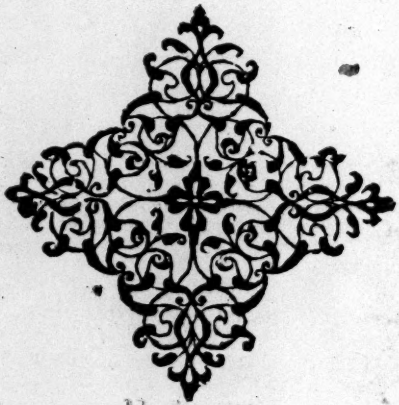
Whoſo falleth ſicke on the Friday, there may be hope of amendment the vii. or viii. day after: but if the Sickneſſe endureth longer, great danger to the partie the xv. day following.

When any falleth ſicke on the Saterday, and that ſickneſſe continue without any amendment vi. dayes, the partie is in great danger the viii. day following: but if that amendement come on the vii. day, and the party fall to ſleepe, he is like to recouer health by the xiii day following: Yet, Omnia ſunt in manu Dei.

Let

A Prognostication.

LEt Vertue spring, and Vice decay,
and God will turne his wrath away:
Repent thy Sinne, and doe no more,
Then Corne and Cattle thou shalt haue store.
Lay Pride aside, and Belly cheare,
and God will send a happy yeare.

Soli Sapienti Deo, sola gloria.

FINIS.